



Tips on Discussing Assisted Living with a Loved One

It's a dreaded discussion. You keep putting it off. Yet, in your heart you know your loved one shouldn't be living alone. The signs have been there for some time: forgetfulness (a pot left to boil over on the stove); mobility difficulties (climbing stairs is a chore or there's the constant fear of falling); trouble keeping up the house or taking medications properly; or loneliness, caused by lack of opportunities to participate in activities and be with friends.

Bringing up the subject of moving – and convincing a parent that it is the right thing to do – is one of the toughest tasks a family member ever faces. With age, change becomes more difficult, and even scary.

Many older adults are unfamiliar with the concept of assisted living and envision being placed in a bleak, restrictive, institutional setting.

There are ways to ease into a conversation about the benefits of assisted living. Most important, start the conversation early, giving Mom (or Dad) time to ponder the idea of moving and to become comfortable with it. If you wait until the need becomes a crisis, tension, anger and fear are very likely to surface, and the move becomes your demand, not your

parent's choice.

If parents are encouraged to think about assisted living before it applies to them, they won't feel threatened

- Seek the help of a physician, social worker, or other trusted person in initiating or reinforcing the benefits of moving.

A BETTER PLACE TO LIVE



and can be more objective. Here are some ways to get started:

- First, visit assisted living residences yourself to gain a good understanding of what various residences offer.
- Talk about a friend of your parent who has moved into an assisted living residence. Suggest that you visit that person together.
- Drive by a residence that you think would be appropriate, and then talk about how great it must be to live there.
- Arrange a tour when an activity is going on that interests your Mom or Dad. They will see that their interests can be continued or renewed. Plan to stay long enough to have a meal and talk to the residents.
- Attend a public event at the residence. Many places offer lectures, concerts, health fairs, etc., as a means of getting prospective residents and their families through the door.

By extolling the many benefits of assisted living, you subtly plant the thought that life could be more enjoyable, safer and easier than it is now. At Tamarisk Enriched Assisted Living for example, your parent will be able to:

- Set worries aside: staff will do the cooking and cleaning, help with medications, provide transportation to appointments and outings, and much more;
- Continue present interests and try new activities, right in the comfort of home;
- Enjoy the company of others who gather for activities and outings, or simply to socialize in one of Tamarisk's many common areas;
- Entertain family and friends in his or her spacious apartment or Tamarisk's cozy parlors, private dining room, and beautiful courtyards;
- Decorate the apartment with cherished furnishing and possessions;

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NEWS BRIEFS

Day Care Center Receives Grant for Advanced Dementia Therapy

Ocean State Charities Trust has awarded a \$5,000 grant to the JSA Comprehensive Adult Day Center to establish a special, multi-sensory stimulation program called Snoezelen (pronounced snooze-a-len) for individuals with advanced dementia and severe confusion. The grant will be used to create a distinct therapeutic environment where people who are severely withdrawn can be stimulated, and those who are agitated or combative will be soothed. The Comprehensive Adult Day Center will be the first agency in Rhode Island, and one of few dementia programs nationwide, to institute the Snoezelen Program.

Maurice Glicksman Honored

At the May 28th annual meeting of the Jewish Seniors Agency (JSA), outgoing president Maurice Glicksman was honored for his "leadership, tireless energy and vision." Mr. Glicksman became president in 2000, and is credited with helping "transform the JSA from a neophyte agency to the leader in Jewish senior services it is today." To honor his achievements in perpetuity, incoming president Patricia Cohen announced the establishment of the Maurice Glicksman Leadership Award, which will be presented annually to a JSA volunteer.

Difficulty Paying for Prescriptions?

If you are over 65 and have an income of \$37,167 or less as a single person, or \$42,476 or less if married, you could be eligible for between 15% and 60% off the cost of your prescriptions through RI Pharmaceutical Assistance to the Elderly (RIPAE). To find out more, call Susan Adler at 621-5374.

CADC Art Show at TseTse Gallery

The watercolors and pottery of Comprehensive Adult Day Center participants will be on display at the TseTse Gallery in Providence from September 1 through 6 as part of National Adult Day Services Month celebrations. An exhibitors' reception, which is open to the public, will be held on Thursday, September 4 from 7 to 9 pm. For more information call 401-351-2440.

New President's Vision

MESSAGE FROM PATRICIA COHEN
JSA President

In assuming the presidency of the Jewish Seniors Agency, I acknowledge



the rich foundation from which this agency has emerged. Caring for seniors has been the mission that began when the Jewish Home

was founded over ninety years ago. This mission is even more relevant in our greater Rhode Island community today, where 23% of the Jewish population is over age sixty-five.

My vision for the future is continuity. We must continue to enable seniors to live full, meaningful lives through the valuable programs we provide. The services offered through the JERI Program, Infoquest, the Comprehensive Adult Day Center, Shalom Apartments, and soon Tamarisk, touch the lives of seniors and their families in many meaningful ways.

We must continually focus on the development of committed leadership and must provide future leaders with education, encouragement and

opportunities to share their talents.

As Tamarisk Assisted Living is shaping into a wonderful reality set to open this fall, the JSA is committed to establishing an endowment to provide funds to residents who may require financial assistance. The "To Life" Campaign is being launched to create a new endowment, which will assist those who need some subsidization to live in Tamarisk's kosher, Jewish environment. Funds will also be raised to grow the existing JSA endowment so that all our programs can continue to flourish.

We must also continue to work cooperatively with other agencies and service providers to create the most appropriate atmosphere for our seniors. Sharing our resources and talents benefits those we serve.

As we look forward to the coming year, the JSA will continue to support the needs of our seniors and their families. We will work hard to strengthen our programs, develop capable leadership, work cooperatively with community providers and launch the "To Life" endowment campaign. These are ambitious goals that require the contributions of many, and we invite you to be among those who help us make a difference!

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- Stay physically active by exercising in the Fitness Center and walking the lovely paths surrounding the building.

And of course your parent will be safe and secure, with professionals available to respond immediately in an emergency and to help monitor his or her health and well being.

Once you have introduced the idea of moving to an assisted living residence, you may wish to create "pluses and minuses" sheets – one for staying at home and one for moving. Invariably, the plus column for assisted living will be quite long and the one for staying at home very short!

In summary, plant the seed early. Take things slowly. Get a dialogue going rather than holding a one-way conversation. Reassure your parents that you want what's best for them, and that assisted living will be a change that enhances their lives and allows them to be more active, involved and free to enjoy life to the fullest!



Tamarisk Enriched Assisted Living is scheduled to open in September 2003. With a substantial number of deposits received, we're expecting to fill up fast! Visit the Information Center and reserve your place now! 390 Greenwich Avenue, Warwick. 401-732-0037.

Celebration of Accomplishments

2003 Annual Meeting

A full house at the fourth annual meeting of the Jewish Seniors Agency heard that 2002/03 was another year filled with wonderful events and accomplishments, all to promote richness of life for seniors. Outgoing president Maurice Glicksman applauded the seventeen committees and more than 200 volunteers who have helped make the JSA the important resource for the elderly and their families that it is today. He noted that the objectives set forth in the agency's five-year strategic plan were implemented in just three years!

Among the highlights of the year:

Comprehensive Adult Day Center received an A+ rating from the RI Department of Elderly Affairs. The program is operating at capacity, and this year introduced massage therapy, aquatic therapy, a pain management program, wellness screenings, a caregiver support group and other programs to improve the health and well-being of participants.



Estelle Klemer presents retiring president Maurice Glicksman with a handmade Tzedakah box in appreciation for three years of exemplary service.



Board member Barry Fain led the annual meeting proceedings, expressing his joy over seeing so many familiar faces in attendance and committed to continuing the Jewish community's 90-year legacy of caring for the elderly.

The JERI Outreach Program continued to keep Jewish traditions and culture alive for residents of nursing homes and assisted living residences. In 2002, the JERI team made 2,456 visits, touching seniors' lives through Shabbat services, holiday remembrances and celebrations, and one-on-one personal visits. In addition, 818 Jewish seniors were visited in hospitals or their homes.

InfoQuest fielded 425 calls for information, guidance and referrals on issues dealing with the elderly.

Shalom Apartments received a facelift with much-needed updates to the original 23-year old building. Shalom continued to set the standard for affordable housing and, as a result, there is always a waiting list for apartments. The mealsite served or prepared for delivery over 20,000 meals.

Tamarisk Enriched Assisted Living moved towards reality with construction starting in

August 2002. Several hundred people attended the Site Dedication in October. The beautiful building really began to take form in the spring after a long, cold winter. Priority deposits started coming in at a brisk pace this spring thanks to a strong marketing program and the opening of the Information Center on Greenwich Avenue in Warwick.

The "To Life" Campaign to raise funds for a Tamarisk financial assistance program and to enhance the JSA endowment began with a core group soliciting lead gifts and planning a late 2003 public kick off. The Women's Association gave one of the first gifts – \$180,000 to name the Tamarisk lobby.

Collaborations continued with the Jewish Federation, Jewish Community Center, and Bureau of Jewish Education as the JSA continued to work with other organizations to improve services for the elderly.

The JSA Annual Report, containing full details on the JSA's programs and accomplishments, is available by calling Irene at 351-4750.



New JSA Board Officers (l to r): Martin Dittelman, Secretary; Robert Landau, 2nd Vice President; Patricia Cohen, President; Richard Licht, Vice President; and Drew Kaplan, Treasurer.

Bare Walls Transformed Into Rotating Art Show

Impressed by the uplifting and fanciful artwork adorning the walls at Hasbro Children's Hospital, and dismayed by the bare walls in most nursing home rooms, Susan Adler, director of the JERI Outreach Program, and her activities programmer, Michele Keir, came up with a colorful idea. Why not have participants in the Comprehensive Adult Day Center's art therapy program paint Judaic-themed drawings to brighten the rooms – and lives – of Jewish nursing home residents?

The artists went to work under the direction of CADC art teacher Maurice Turcotte, while Michele

coordinated the project and arranged to have prints made and framed. Thanks to donations by A.C. Moore Company, MCS Frames, Copy Print, Harriet Keir-Klein, and Shalom Memorial Chapel, all Rhode Island Jewish nursing home residents (about

200 statewide) now have framed paintings in their rooms – a beautiful reminder of their culture and heritage. Each month, the paintings will be changed, creating a continuous art show where there was once just a bare wall.



Menorah by Faye Sherman



Ruth by Marion Post



Noah by Anna Simon

InfoQuest: Advice and Support in Times of Need

Where do you turn when you need solid advice and someone to “hold your hand” during the difficult task of selecting a nursing home for your loved one? Roz Edelberg had no idea where to start or what questions to ask when her mother, Ida Morse, needed skilled nursing care. What she did know is that making the right choice would make all the difference in her mother’s happiness and well-being. Her mother preferred a place where there would be other Jewish residents, so a worker at the doctor’s office suggested she call Susan Adler at the Jewish Seniors Agency’s InfoQuest referral help line.

According to Roz, Susan couldn’t have been more helpful and supportive. She gave Roz a list of nursing homes that met Ida’s needs. Once Roz and her mother made a choice, Susan called the nursing home periodically to check Ida’s status on the waiting list.

“I was comforted by Susan’s caring and concern,” said Roz. “She kept in

touch. For several months we called back and forth. She kept me calm and told me to ‘just keep breathing!’”

After Ida moved into the nursing home, Susan arranged to have Rabbi Natan Schafer from the Jewish Seniors Agency JERI Outreach Program visit her. “I didn’t expect Susan to do anything more for us, but she still had my mother’s needs in her mind and heart,” said Roz. Ida has since died, but Roz continues to tell people about the JSA’s InfoQuest

service. It is one of the Jewish community’s little known resources and it costs nothing to utilize the service.

InfoQuest assists seniors and their families on all matters pertaining to the elderly, including information and referrals on nursing homes, assisted living, prescription drug programs, health insurance, transportation and much more. To reach Susan Adler at InfoQuest call toll free 888-593-2293 or 351-2185.

Tamarisk Priority Depositors’ Luncheon

Over one hundred Priority Depositors and family members attended a fabulous luncheon in June to learn more about the services and amenities they will enjoy at Tamarisk. Floor plans, a scale model of an apartment and interior décor samples were available for close inspection.



Gourmet chef, chauffeur,
social director, concierge,
housekeeper and nurse.

Just some of the people
making life easier in your
elegant new home.

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You’ll live with many people who share your Jewish roots, and every day you can experience the joy of observing cherished, centuries-old



T A M A R I S K
ENRICHED ASSISTED LIVING

traditions right in the comfort of your own home.

Studio, one- and two- bedroom apartments and a Renaissance Memory Support Program are available.

Visit the Information Center weekdays, from 9 a.m. to 6 p.m., or call 401-732-0037 for an appointment.

Deposits are now being accepted. Opening September 2003.

Where Life is Celebrated

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Generations



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